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# Objectives and Program Schedule

MedBridge

*Stability of the Knee: Management of Common Ligamentous Pathology*

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## Course Objectives

- Demonstrate understanding of the role that the cruciate and collateral ligaments play in the function and stability of the tibiofemoral joint.
- Articulate the key components of the subjective examination that provide key diagnostic and prognostic factors associated with proper assessment of ligamentous structures of the knee.
- Demonstrate understanding of the appropriate components of a comprehensive and clinically relevant physical examination of the knee, along with competing diagnoses that must be ruled out.
- Be able to accurately articulate the most common patterns of knee ligament injury

## Chapter 1: Basic Anatomy and Physiology of the Ligamentous Structures of the Knee

- Anatomical structure of the patellofemoral joint and peri-patellar structures.
- The biomechanics of the knee, with a specific focus on the patellofemoral joint, and its role during flexion and extension of the tibiofemoral joint.

## Chapter 2: Epidemiology and Etiology of Ligamentous Injuries of the Knee

- Describe the most common mechanisms associated with an ACL injury
- Describe the believed mechanisms associated with a PCL injury
- Describe the believed mechanisms associated with MCL/LCL injuries
- Describe the patient populations at highest risk ACL, PCL, and MCL/LCL injuries

## Chapter 3: Subjective Evaluation of Patients with Ligamentous Instability of the Knee

- Demonstrate the ability to create a list of potential differential diagnosis
- Be able to list the key components of the subjective examination specific to the knee, and be able to identify answers to help rule in or rule out a ligamentous injury
- Accurately create a plan for your objective examination based on the information that has been collected during the subjective examination.

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## **Chapter 4: Objective Evaluation of Patients with Ligamentous Instability of the Knee**

- Demonstrate understanding of how to clear the adjacent joints, and be able to articulate the rationale for this step
- Demonstrate knowledge of the best physical exam tests that can aid in the diagnosis of a ligamentous injury, their positive/negative criteria, and their diagnostic utility based on sensitivity, specificity, and likelihood ratios.
- Accurately identify appropriate functional tests and relevant impairments associated with the diagnosis of ligamentous injury of the knee. Clearly articulate how these functional tests can provide further information about how the injury is impairing the patient.

## **Chapter 5: The Role of Diagnostic Imaging in the Diagnosis and Management of Instability of the Knee**

- The diagnostic value of radiographs, MRI, and CT-Scan for the assessment of ligamentous structures of the knee

## **Chapter 6: Overview of Effective Non-Surgical Interventions for Ligamentous Instability**

- Articulate the interventions with the highest levels of evidence for managing patients with ACL, LCL, PCL, and MCL injury
- Accurately identify the types of exercise programs that are most effective for addressing stability impairments of the knee